

How to respectfully disagree at work

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So, I will go over each point and express my opinion on each one

1.- I guess I can keep emotions in check; I don't tend to let other things influence me when discussing or debating with someone else so I would say I have a high tolerance.

2.- I try not to make it personal whenever someone is counter arguing, I understand in a discussion or debate the other person wants to claim whatever they are saying as true or fact and I'm just doing the same thing.

3.- I feel like this one is just manners, listening to what the other person is saying and asking questions in case you got one to make to clarify things up.

4.- Sure I think you should only speak behalf yourself and do not include third parties.

5.- I personally don't think this is useful, to me it looks like trying to babysit the other person, so they do not close themselves as a "protection mechanism" but generally when you're disagreeing, you're defending your point or argument, so I don't see the point of looking for points of agreement.

6.- I kind of get it because it is easier to talk to someone in a good or neutral mood than in a bad one but generally that shouldn't determine the outcome, at most it would make things more uncomfortable.

7.- Yes, it is just speaking without artifacts, they shouldn't subtract value to your opinion or anything, but you're taken more seriously if you avoid these.

8.- Same as point 7, just try to avoid them as much as possible.

9.- This is crucial because not everyone views things the same way and people do not have the same way of reasoning the same things so in general is better to explain it entirely.

10.- Pretty much same as point 2, just nothing personal.

11.- I guess this would also be the same as point 6, just try to make situations as convenient as possible.